

Heat Cat	Work/Rest (min)	Who Approves	Heat/Cold	Other Guidance	MOPP 4 Tng
Heat Cat	Water (Qt/hr)	Training	Mitigation Form		Work/Rest (min)
<b>I</b> (78-81.9)	<b>Easy:</b> NL - 1/2 <b>Mod:</b> NL - 3/4 <b>Hard:</b> 40/20 - 3/4	Company CDR	N/A		< 50°F WBGT NL
<b>II</b> (82-84.9)	<b>Easy:</b> NL - 1/2 <b>Mod:</b> 50/10 - 3/4 <b>Hard:</b> 30/30 - 1	Company CDR	N/A		50-70°F WBGT
<b>III</b> (85-87.9)	<b>Easy:</b> NL - 3/4 <b>Mod:</b> 40/20 - 3/4 <b>Hard:</b> 30/30 - 1	Battalion CDR	Give BN CDR info verbally	<b>Running:</b> BN CDR must approve	<b>Easy:</b> NL <b>Mod:</b> 40/20 50/75
<b>IV</b> (88-89.9)	<b>Easy:</b> NL - 3/4 <b>Mod:</b> 30/30 - 3/4 <b>Hard:</b> 20/40 - 1	Battalion CDR	Give BN CDR info verbally	<b>Running:</b> BN CDR must approve	70-75°F WBGT <b>Easy:</b> NL <b>Mod:</b> 30/25 <b>Hard:</b> No
<b>V</b> (90 & Up)	<b>Easy:</b> 50/10 - 1 <b>Mod:</b> 20/40 - 1 <b>Hard:</b> 10/50 - 1	Brigade CDR (or 1 <sup>st</sup> O-6 in COC) Stop Tng until Approval is given	Give BN CDR info verbally (File hardcopy form NLT COB)	<b>Running:</b> BN CDR must approve	> 78°F WBGT No Tng
<b>Start WBGT monitoring:</b> 78°F <b>Monitoring:</b> Hourly until Heat Cat I / Heat Cat I-IV - Every 15 minutes <b>Max Water Intake:</b> 12 quarts per day / 1 1/2 quarts per hour				NL = no limit Every 15 minutes COC = chain of command No Tng: Remove some MOPP clothing to Train <b>Water Intake:</b> Add 10°F to WBGT chart to the left (NL = no limit Mod = moderate Hot/Cold Card 9 Oct 00	
<b>When to Update Risk Assessment</b>		<b>3. Precipitation/Ice/Fog/Light</b> 1. Day of tng prior to start 2. Moving outdoors after being indoors		<b>4. Increase in Heat Cat to III</b> <b>5. Decrease in Wind Chill below 10° increments</b>	

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<b>II</b> (-5 to 0°F Wind Chill)	<i>Easy:</i> 1/2 <i>Mod:</i> 3/4 <i>Hard:</i> 3/4	Battalion CDR	Give BN CDR info verbally
<b>III</b> (-10 to -6°F Wind Chill)	<i>Easy:</i> 1/2 <i>Mod:</i> 3/4 <i>Hard:</i> 3/4	Battalion CDR	Give BN CDR info verbally
<b>IV</b> (Below -10°F Wind Chill)	<i>Easy:</i> 1/2 <i>Mod:</i> 3/4 <i>Hard:</i> 3/4	All outside Tng Stops	Inform BN CDR Tng has Stopped (File hardcopy form NLT COB)
Start Wind Chill monitoring: 40°F			Mod = moderate
Monitoring: Hourly			
Max Water Intake: 12 quarts per day / 1 1/2 quarts per hour			

PT Guidance	Wind Chill	Restrictions
Above 20°F	None	
11 to 20°F (BN CDR Approves Exceptions)	<i>Indoors:</i> Warm-up Exercises Cool-down <i>Outdoors:</i> Run	
-10 to 10°F (BN CDR Approves Exceptions)	<i>Indoors:</i> All Activities	
Below -10°F (No Exceptions)	<i>Indoors:</i> All Activities	
No Forms must be filled out		
Authorized Wind Chill Reading		
<i>Range Control:</i> 6-2532 <i>Weather Channel or www.weather.com</i> <i>Road Condition Recording:</i> 8-4141 <i>Radio:</i> 102.3 FM or 103.3 FM <i>Cable TV:</i> Channels 12 or 59 <i>Airport:</i> 6-0702 <i>On Site Reading</i>		

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